

BACKPACK PROGRAM NEEDS

We provide our children with nutritious, kid-friendly, ready-to-eat food items each weekend. We are unsure of the child's home situation, so we provide items that require minimal preparation and avoid the use of kitchen appliances such as a can opener. Collected food must be packaged in a sealed container or pouch with ingredients listed. Please inspect all food for any dents or damage and ensure that expiration dates are within 30 days.

Each weekend food bag should contain a minimum of six shelf stable food items, from the menu below, including:

- Two entrée items (i.e., cheese cup, meat stick, pasta bowl, soup)
- Two breakfast items (i.e., cereal bowl, granola bar)
- Two healthy snacks (i.e., crackers, fruit cup, sunflower seeds)

APPROVED MENU ITEMS

- Individual cereal bowls/boxes
- Cereal/Granola bars
- Shelf-stable yogurt or milk packages
- Fruit pouches or cups
- Juice boxes (100% juice only)
- Sunflower seeds
- Meat sticks (i.e., Jack Links, Slim Jim)
- Individual packaged crackers (i.e., Cheez-Its, Goldfish Cheddar Crackers, Animal Crackers)
- Pretzels or popcorn
- Raisins or craisin packets
- Chef Boyardee (or generic brand) ready-to-eat pasta bowls (pop-top lids required)
- Ready-to-eat soup (pop-top lids required)



**BLESSINGS IN A
BACKPACK**